

MACDONALD JOURNAL

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EDUCATION

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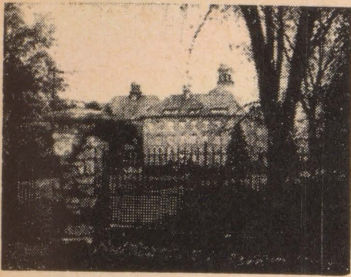


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THE MACDONALD LASSIE



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COVER: Marcel Gervais harvests a pumpkin for Hallowe'en at St-Isidore, Laprairie, in Agricultural Region 7.

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for today's youth-- counselling is vital

Earlier this month, twenty-eight hundred Eastern Township high school students found themselves in a new comprehensive regional high school at Lennoxville. This regional school plus the one at Cowansville are the last of several that have been built in rural areas of Quebec to serve the English speaking population. For students, parents and school boards in these areas, it should be a time of celebration. A mere five years ago, the dreams of improved educational facilities in these areas seemed as distant as a man on the moon. Now five years later, realities have changed.

The old system of consolidated schools had somehow survived despite the fact that they were understaffed, overcrowded and unequipped. But even worse, the students in these schools were not offered any choice in their curriculum. In fact, in one of these schools, insufficient courses were offered to allow graduates to enter university — a deplorable situation.

For students starting on a life-time career from these schools, there were several strikes against them before they even left the school. Only the occasional one was able to muster the courage to face up to what was an inadequate situation and take his own future in his own hands.

But this month, hopefully, all this is changed. From Shawville to Sawyer-

ville, Chateauguay to Gaspé, students are now able to enjoy the latest in learning technology. The facilities are comparable to the best in Canada and the United States and are certainly as good as those found in the urban centres of Quebec.

The two most dynamic aspects of these new regional schools involved the wide curriculum choice and the availability of counselling services. Students can choose from dozens of courses, taking those that are required for further levels of education as well as those that appeal to the vocational interests of the students. The academically inclined students can sample electronics, motor mechanics or typing giving them a balanced and interesting program. Hopefully, for all students, this new curriculum choice will help them become more developed and able citizens ready to take on the tasks of adult years.

The development and improvement of counselling services in the new regional schools could form the most needed and valuable change. In the past the guidance counsellor services were non-existent or at best were the part-time activities of an aging English teacher. In the new complex school systems, the choices are so wide and diverse that students will need help. They need the best counselling possible to help them select courses, to choose careers, to resist the temptations of drugs, to build friendships and to learn the complexities of living in what can be a lonely, austere, formidable urban society. In each school, several highly trained specialists should be available to listen to students problems, to look

at the student in the family and community context and most important of all to be an unbiased friend who can help when help is needed. These counsellors will know of all post secondary training opportunities available not only in Quebec but in Eastern Canada. Their job will be to know each individual student and to make sure that each student is given the opportunity to develop his or her abilities to the fullest extent possible. To accomplish this, the counsellor must be a counsellor first and foremost and not be expected to spend his time in classroom teaching.

While the principals, the teachers, parents and school boards all have a vital role to play in implementing this educational change, the keys are held by the guidance counsellors. In the streamlined, technical, automated systems of education we now have, these counsellors are the ones who can channel the frustrations and aspirations of anxious high school students to productive purposes. If the guidance counsellors do not do their jobs, then the conflicts that have become associated with university campus life will be even more characteristic of the new regional high schools. We hope this won't be the case.

Sir William Macdonald tried to organize the type of comprehensive regional schools we now have in rural areas of Quebec in the early days of this century. If he were here today, we suspect we would hear him say, "Bravo! but there is still more that can be done."

The Editor



Silos, new buildings, new equipment—these are the signs of a farmer using credit as a means of enlarging and modernizing his farm business.

farm credit under the microscope

by

William G. Fulton,
Chief Agricultural Officer,
Canadian Imperial Bank
of Commerce

*This article is made available
through the courtesy of
the Canadian Banker.*

The Federal Task force on Agriculture presented its preliminary recommendations to the Canadian Agriculture Congress held in Ottawa in late March. At an earlier date Quebec's Royal Commission on agriculture and Ontario's Special Committee on Farm Income had reported the results of their studies. Each of these enquiries dealt with all aspects of agriculture within its jurisdiction including farm credit, a subject of considerable importance to farmers, governments and bankers. In view of the national scope of the Task Force report, this article deals in some detail with its study of farm credit. With respect to the provincial reports, comments are confined to particular areas of agreement or conflict between these and the Task Force recommendations. Finally, the article suggests a few of the implications to chartered banks and governments.

Task Force findings and general recommendations.

The Task Force identifies duplication of credit facilities offered through public agencies as one of the major problems in farm credit. The Federal Government alone is involved in seven different farm credit programs each having different loan limits, terms and various government administrations. In addition all provinces are involved in the extension of farm credit. While provincial programs do vary somewhat from those offered federally, they are quite similar in primary objectives and lending practices. Because of the federal involvement, particularly in the extension of supervised loans by the Farm Credit Corporation, duplication also occurs in the provision of farm management and extension services — long considered a provincial responsibility. The Task Force also notes the low loan limits applicable under many

Reduction in Agricultural Investment Foreseen

Along with Institutions and Governments, Agriculture is one of the rare sectors of our economy that will experience a reduction in investment during 1969. This reduction is revealed in the semi-annual review of investment programmes carried out by the Department of Industry and Commerce. Indications are that expenditures for new farm equipment, including agricultural supplies will be 6% lower than in 1968. For Canada as a whole this would mean 963 million dollars as opposed to 1019 million in 1968. Earlier in the year it had been predicted that there would be a slight increase in the agricultural section bringing spending up to 1,020 million dollars. It is worth noting that the figures include the fisheries sub section. It is interesting to compare Agriculture to Forestry which will experience an increase from 84 million in 1968 to 105 million in 1969.

(La Terre de Chez Nous)

provincial farm credit programs suggesting that these may in fact perpetuate poverty. The maximum loans available from various federal government farm credit sources have been raised recently to levels more consistent with the needs of commercial farms.

With respect to interest rates, the Task Force asserts that the rigid ceilings imposed until recently under the Bank Act, the Farm Improvement Loans Act and the Farm Credit Act

had two detrimental effects. In the first instance, the flow of much needed credit into agriculture was restricted. Second, credit institutions had little incentive to provide many of the services now expected of progressive lending institutions. The subsidization of interest rates is termed an undesirable policy with adequate monetary and fiscal policies plus aggressive competition among lenders the best means of protecting farmers against unduly high rates of interest. At the same time the

Task Force supports interest rate disclosure, particularly on trade credit extended to farmers.

Criticism is levelled at both public and private lending institutions which traditionally have judged a borrower's eligibility for credit almost exclusively on his net worth. The ability of the lender to recover the entire loan in case of default and the fact that he need know little about the borrower's business are two reasons given for this "security approach" to farm lending. While recognition is given to the fact that lending institutions will always require some form of security for farm loans, it is pointed out that at the extreme, the "security approach" means that only well-established farmers are eligible for loans and at the same time are least likely to need such assistance. The Task Force suggests that greater emphasis be placed on a "farm management approach" to lending and borrowing. This will require that the farmer submit a profit and loss statement on his business as well as a budget indicating how the credit is to be used. At the same time lending institutions will have to be as knowledgeable in modern farming as their best farm customers.

While the Task Force indicates that more liberal credit arrangements are required by farmers, it suggests that the growing capital requirements of the modern farm business may in the near future necessitate a basic revision in the manner of financing the agricultural industry. Traditionally, farmers have insisted on complete control and ownership of the equity capital in agriculture. However, the necessity of re-financing the farm business every generation and the inherent desire of farmers to own a debt free farm by the time of retirement, subjects them to an increasingly heavy burden of "forced savings." New methods of financing agriculture will have to be reconciled with the traditional family farm concept and the Task Force believes this presents a fundamental policy question for the industry.

A national agricultural credit system.

In view of the tremendous variation in agriculture across Canada, the Task Force concludes that it will be necessary to develop different types of farm credit policy to meet the needs of two distinctly different economic groups of farmers. Various alternative means of providing farm mortgage credit in Canada are put forth by the Task Force but only one is outlined in de-

two important farm credit acts come into force

QUEBEC, — Quebec's Minister of Agriculture and Colonization, Mr. Clément Vincent has announced that two important acts concerning farm credit became effective on August 15th.

The Act to amend the Farm Credit Act raises the maximum amount of a mortgage loan which the Quebec Farm Credit Bureau may grant from \$15,000 to \$25,000, or up to 90% of the mortgageable value of an economic farm operated by any farmer between 21 and 40 years of age (or by joint borrowers, one of whom is in that age group) or by farmers who enlarge their farms or carry out improvement programmes. Previously the ceiling was set at 80% except in the case of settlement loans.

The interest charged on the first \$15,000 of loans granted by the Bureau is still maintained at 2½%, leaving the interest payable on the remainder to be set by regulation.

The Act to amend the Farm Credit Act raises the maximum of loans granted by chartered banks and credit unions and eligible for the government's guarantee and 3% interest rebate, from \$7,000 to \$10,000, and also increases the repayment period of such loans to ten years in cases where it was previously five.

The benefits of both acts have been extended to farming corporations and partnerships and, on certain conditions, tenant farmers may now take advantage of the Farm Improvement Act.

These two acts were among five farm credit bills tabled on the same day.

Two of the five bills — "An Act to again amend the Civil Code" and "An Act to authorize additional credits for farm loan purposes" (in this case \$30,000,000) became effective on June 13th and another one, entitled "An Act to promote the development of agricultural exploitations", was held over and will shortly be referred to the National Assembly's agricultural committee.

The last-named act would allow grants to farmers for developing their farms, either when they are establishing themselves or when they acquire more land. A young farmer between 21 and 40 years old who is establishing himself on an economic farm may receive grants totalling \$4,000, comprising an establishment grant of \$1,000 and a grant of \$3,000 for farm improvements. Any farmer who acquires more land to make his farm into an economic or more profitable enterprise and intends to carry out an improvement programme may obtain a grant of up to \$2,000.

Mr. Vincent said that this legislation is a first step which will allow the Quebec government to modernize its farm credit programme and, at the same time, promote the development and consolidation of farms and help young farmers to get established.

As a second step, Quebec proposes to negotiate an early agreement with the federal government with a view to introducing a new federal-provincial farm credit system thoroughly in keeping with the farmers' needs and strictly respecting the jurisdictions of the provinces.

For complete farm credit information you should contact your farm credit technical personnel in your regional office of the Quebec Department of Agriculture and Colonization.



The many diverse credit needs of a Quebec dairy farmer make the "one-stop" source of credit very important.

tail. The system proposed would consist of two major credit organizations: The Agricultural Co-operative Credit Organization to provide credit to commercial farmers and the Rural Development Credit Agency to service the credit and management needs of low-income or sub-commercial farmers. Both organizations would report directly to the Federal Government, their activities would be co-ordinated by a Co-ordinating Committee and seven provincial or regional boards would be identified with each. Since establishment of this proposed credit system would eliminate the need for existing federal and provincial farm credit institutions the present staff of these organizations would be absorbed thus providing a core of training and experience with which to launch the new program.

The Agricultural Co-operative Credit Organization — Mortgage Lending Policies for the commercial sector of agriculture would be developed by an Agricultural Co-operative Credit Board. The provincial credit boards (regional in the case of the Atlantic provinces) would establish policies and regulations consistent with those of the national body and this in turn would govern the lending operations and activities of local Co-operative credit associations functioning in the field. Financing of this organization would be provided in the initial

stages by the Federal Government. However, provision is made whereby farm borrowers would be required to purchase equity in these associations eventually enabling them to become financially independent.

The Rural Development Agency — Under a Federal-Provincial arrangement, the operating expenses of this organization would be shared on an equal basis with the Federal Government supplying the loanable funds and the provinces guaranteeing 100 per cent of any losses incurred. The Agency's primary objective would be to develop a credit system to supply both long term and production credit to small and low income farmers having the potential to improve their farm businesses. Credit available under the program would be an important part of the entire package of policies designed to rationalize the structure of agricultural and rural services. Hence a close working relationship would be expected between the proposed agency and other rural development programs e.g. ARDA. The Task Force suggests that to meet the long term objectives of the program, borrowers might be expected to provide unusual forms of security for such extraordinary services as management and credit counselling. The option to buy the land of the borrower upon his retirement as a means of eliminating uneconomic units and a specific level of performance require-

ment are cited as possible examples of such security.

Recommendations on short & intermediate term farm credit.

The Task Force proposes that the chartered banks continue to provide the major share of the short and intermediate term credit needs of Canadian agriculture. The following specific recommendations are made regarding the commercial banks: (a) Agricultural departments within the banks should become the rule rather than the exception. (b) Greater emphasis should be placed on "farm management loans" rather than the traditional "security approach" to farm lending. (c) Banks should make every attempt to integrate their lending activities with the proposed National Agricultural Credit System. Because of the higher risks associated with farmers using the Rural Development Credit Agency, the Task Force suggests that a government guarantee to cover loss incurred by banks lending to such borrowers may be necessary. (d) Commercial banks should aim to take over a considerable part of the high interest farm credit now provided by farm supply firms. (e) Commercial banks could benefit greatly by a closer liaison with provincial farm management extension agencies which provide farm accounting, data processing, budget analysis and other services to farmers which could be of invaluable help to the banker.

Ontario's Special Committee on Farm Income.

In general the Committee's report on farm credit is in complete agreement with the Task Force's position paper on this subject. Noting the duplication which existed between the activities of the Ontario Junior Farmer Establishment Loan Board and the Farm Credit Corporation, the Committee recommends the establishment of a Federal-Provincial Farm Credit Bank to replace these organizations but responsible to the provincial government. Significantly, shortly after the issue of the Committee's report, the Minister of Agriculture and Food for Ontario announced the government's withdrawal from the farm mortgage field. Since provision of farm management and extension services is a provincial responsibility, the Committee deals quite extensively with this subject suggesting that the Exten-

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low cost diet for a family

by Florence Farmer
School of Food Science
MacDonald College

"Gross income from farm produce up in 1970!" What good news that would be for the farmers. However, we know only too well that any increase in income is soon swallowed up by extra expenses. Prices of machinery and services rise and we are back where we started from. What can be done to make ends meet? One thing a housewife can do, is keep an eye on food costs. A careful study of prices of food in the local stores, combined with a knowledge of food values can be used by a housewife to keep the cost of nutritious meals at a minimum.

This year at Macdonald College, three senior students, using a computer program and tables of food values supplied by the U.S.D.A., were able to calculate which foods supplies at the lowest cost each nutrient required in the diet of Canadians. This information is now being analyzed. In the meantime, you can make use of some of the data to cut food costs for your family.

In a diet composed of ordinary foods and including iodized salt and fluoridated water, there are relatively few specific nutrients which a Canadian has to take into account. If the caloric requirements are met by a variety of foods, then only protein, calcium, iron, vitamin A, thiamine, riboflavin, vitamin C and vitamin D must be watched. Many other nutrients are provided without our having to give them any thought. These are amino

acids, fatty acids, phosphorus, potassium, magnesium, copper, zinc, pantothenic acid, biotin, pyridoxin, niacin, folic acid and vitamin B12. The diet also provides vitamin E, vitamin K, choline and inositol about which there is incomplete evidence of need or which are synthesized under normal conditions. A diet consisting of a wide variety of ordinary foods is the best guarantee we have for meeting our nutritional needs.

In Canada, the recommended allowances for men, women and children vary depending upon the size and activity of the individual. The woman's requirements for all nutrients are increased during pregnancy and to an even greater extent during lactation. The recommended energy allowance (1) for a woman weighing 136 pounds, employed in cleaning rooms, making beds etc. is 2550 calories, but if the same woman is also nursing her baby, the requirement is increased to 3550 calories. The need for all nutrients is similarly high. What is the minimum cost of a diet for such a lactating woman?

During the week of Jan. 9-16th. 1969, three hundred foods were priced at the local A & P Store in Ste. Anne de Bellevue. These retail prices were used to prepare a list of the thirty

(1) *The Canadian Council on Nutrition. 1964 Dietary Standard for Canada. Canadian Bulletin on Nutrition 6(1): 1-76.*

cheapest* sources of each of the required nutrients and from this list common foods were selected, such as might be used in a low-cost diet. A shopping list of 25 foods essential for a balanced diet for one person for seven days was drawn up.

Weekly allowance of essential foods for a lactating woman: 1 lb. 2 oz. dry, non-fat milk, — ½ lb. fish sticks, 3 carrots, 3 eggs, 2 oranges, 3 oz. cheese, 7 potatoes, 6 tbsp. peanut butter, 3 onions, 3 oz. dried peas, 9 oz. canned peas, 1 oz. pork liver, 6 oz. spinach, 2 1/3 cups rolled oats, 3 oz. dates, 28 slices bread, 8 prunes, 7 oz. margarine, ½ cup raisins, 2 cups flour, 6 oz. hamburger, ½ cup molasses, 3 1/3 oz. chicken breast with bone, 7 oz. brown sugar, cod liver oil (400 I.U. per day).

Using Canada's Food Guide as a starting point, the amount of milk recommended for a nursing mother is 4 cups per day. A cup, in this case refers to an 8 oz. measuring cup. Milk is important in the diet for protein, calcium and riboflavin. Protein and riboflavin are supplied by other cheap foods but calcium is a difficult nutrient to obtain unless milk is included in the diet. The cheapest source of calcium was found to be dry skim milk powder. Thus a mother's best choice of calcium is skim milk powder in an amount equivalent to 4 cups of reconstituted milk per day. Although dry skim milk powder was the cheapest source of calcium, whole homogenized milk came next in line and was cheaper than fluid skim milk, molasses or processed cheese. Spinach and oranges are also good sources of calcium but relative to milk, they are eight times as costly. If you like milk, drink it. There is no better source of calcium in Canadian foods. If the recommended amount of milk is used, appreciable amounts of protein, iron, thiamine and riboflavin are also provided. Milk is an excellent food. This is why it is placed in a category by itself.

The next items mentioned in Canada's Food Guide are fruits and vegetables. Of the eight nutrients with which we are concerned in the diet, vitamins A and C are the ones usually supplied by fruits and vegetables. The cheapest source of vitamin A (or caro-

tene, its precursor) was carrots, 6 ounces of carrots per week makes a worthwhile contribution of this vitamin in the diet. Other vegetables such as pumpkin, spinach, sweet potatoes, squash, parsley, broccoli and tomatoes also supply this vitamin but the cost is so much greater that one might be wise to think of other sources of vitamin A instead. Liver, margarine, butter, apricots and prunes might be used in the diet for other reasons and these were all less costly, as a source of vitamin A than tomatoes.

Unfortunately for us, carrots are not a good source of vitamin C. The cheapest source of vitamin C, according to our survey, happened to be fresh oranges. However, turnips, potatoes, parsley, broccoli, cauliflower, cabbage and onions were all relatively cheap sources of this vitamin. The advantage of using fresh oranges is that so little is required. If two oranges are eaten per week, the extra vitamin C required by the nursing mother is easily supplied by a daily serving of potatoes, one serving of another vegetable (onions, canned peas or spinach) in addition to the carrots and another serving of fruit such as dates, prunes or raisins in addition to the oranges.

The next group of foods to be discussed is the meat and fish group. This group is mentioned specially because of the need for good quality protein in our diet. The recommendation is that the diet include one serving of meat, fish or meat alternates per day, three servings each of eggs and cheese per week and liver occasionally. Hamburger, chicken breast and fish sticks are relatively cheap sources of good quality protein. Eggs (3 per week) and cheddar cheese (3 oz. per week) are both relatively cheap popular foods. Peanut butter and dried peas are good cheap alternates for meat and fish. They can be used in diets containing milk and meat, fish, eggs and cheese since these foods contribute the assortment of amino acids needed to give quality and the peanut butter and dried peas provide an extra quantity of protein. Liver is a particularly valuable meat since it provides minerals and vitamins in addition to good quality protein. Unfortunately it is not well liked. However, since even one ounce of liver per week makes a worthwhile contribution of nutrients it should be included in the diet.

The last group to be discussed is bread and cereal (with butter or margarine to spread on the bread).

Canada's Food Guide suggests one serving of a whole grain cereal per day and some enriched bread with butter or fortified margarine. The amount is not specified. This group of foods is expected to supply iron and thiamine in appreciable amounts. Since these are often removed in the milling of the grains, enriched bread is made from flour to which iron, thiamine, riboflavin and niacin have been put back in approximately the amounts present in the whole grain. Many of the ready-to-eat cereals now have vitamins added also. They are called fortified rather than enriched. Iron is not always added. However, the cheapest cereal to use from a nutritional standpoint is probably still rolled oats. One cup of the cooked cereal per day, supplies protein, calcium, iron, thiamine and riboflavin. Enriched bread with fortified margarine used as a spread for the bread is one of the cheapest sources of calories in the Canadian diet. Four slices of bread per day brings the protein level of the diet up to that recommended in Canada's Food Guide and in addition this much enriched bread, spread with fortified margarine contributes substantial amounts of calcium, iron, vitamin A, thiamine and riboflavin to the week's intake of nutrients. Like milk, bread with butter (or margarine) is an important item in a low cost diet.

The last requisite for a balanced diet is 400 I.U. vitamin D per day. There are very few foods which can be relied upon to supply this vitamin. The best source is probably IOD cod liver oil. Ten cents worth of this oil per week would probably meet the needs of the lactating woman.

Having thus met Canada's Food Guide with respect to kinds of food we can now calculate the nutrient content of all the foods to see whether the amount of each food is correct. By calculation, the diet including all the foods mentioned and in the amounts suggested, is shown to lack some calories, calcium and iron. Two cups of flour will supply extra calories. The cheapest sources of iron in foods not already included in the diet are molasses and brown sugar. It so happens that these two foods also provide a cheap source of calcium. The rest of the calories required by the woman could be provided theoretically by lard and sugar, the cheapest sources of calories. However, it would be better to make up the needed calories from an

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* of the foods available in that store at that time. Fluctuations in cost due to season and differences due to locality have not been taken into account in this paper.

Women's Institutes

NEWS AND
VIEWS OF THE
QUEBEC WOMEN'S
INSTITUTES
INC.

opening of NCWI seminar

"For Home and Country", the motto of all members of Women's Institutes around the world, was echoed again on Tuesday afternoon, July 22, at the official opening of the seminar for members of Northern Canada's Women's Institutes. The seminar is jointly sponsored by the Associated Country Women of the World and the Federated Women's Institutes of Canada.

Twenty-four delegates were there from Institutes in Coppermine, Akla-vik, Fort Providence, Fort McPherson, Inuvik, Tuktoyaktuk, Fort Norman, Fort Good Hope, Haines Junction, Destruction Bay, Teslin and Carmacks. Observers were also present from Hay River and Yellowknife. They are meeting at Akaitcho Hall, Yellowknife, for ten days to question, discuss and propose action for the problems in their communities.

Mrs. J. Philip Matheson of Prince Edward Island, Area Vice-President for Canada of ACWW, presided at the formal opening. She expressed the hope that all delegates would benefit from the discussions at the seminar, and later share with fellow members at home what they had learned and enjoyed while in Yellowknife.

Mrs. George Clarke of Newfoundland, President of FWIC, brought greetings from the Provinces by placing a spray of yellow mums in a large vase, one from each province. Greetings also came from the Farm Union Women of Manitoba, Saskatchewan and Alberta and sprays of flowers were placed for them as well.

Mr. John Parker, Deputy Commissioner of the N.W.T. welcomed the delegates and stressed the importance of women meeting and working together to help raise the standard of homemaking and community living.

Mayor Fred Henne brought a special welcome on behalf of the Council of Yellowknife. He pointed to the special contribution that women can make in the development of Northern Canada, which has great promise of hidden natural resources.

Further greetings and welcomes were expressed by Mr. A. J. Boxer, Superintendent of Akaitcho Hall, Dr. Echo R. Lidster on behalf of the Department of Indian Affairs and Northern Development, and Lady Crowe, wife of the British High Commissioner to Canada, on behalf of Women's Institutes of England.

Telegrams and letters of congratulations, and wishes for a successful seminar came from Her Majesty, Queen Elizabeth II, Patron of FWIC; Rt. Hon. Roland Michener, Governor General of Canada; Rt. Hon. Pierre Elliott Trudeau, Prime Minister of Canada; Hon. Jean Chretien, Minister of Indian Affairs and Northern Development; ACWW Central Office, London, Eng.; Mrs. Graham Spry, ACWW Deputy President; and Mr. James Smith, Commissioner of Yukon.

A further highlight of the afternoon was the presentation of a cash prize and certificate, signed by the ACWW President, Mrs. Aroti Dutt, India, to Fort Providence W.I., as second place winners of a world-wide needlework competition. The work was a picture done in moose hair embroidery, a craft unique among Northern native women.

Following the formal opening, tea was served and delegates and visitors had an opportunity to see and admire the handicraft items on display from each of the Women's Institutes represented.

(Continued on page 18)

Dr. Robert Furneaux to animal science

Dr. Robert W. Furneaux has been appointed to the position of Assistant Professor of Animal Science.

Dr. Furneaux is a native Australian and obtained his Veterinary degree (B.V.Sc.) from the University of Sydney and recently completed a Ph.D. degree in Experimental Surgery at the University of New South Wales. Professor Furneaux will share the undergraduate and graduate teaching in physiology and will be involved with research in physiology and pathology.

Professor Furneaux, his wife Margo and their daughter Bonnie (2 yrs.) are residing on the campus at Macdonald College.

professor Jean David named registrar

Dr. Jean David, Associate Professor of Horticulture, has accepted the appointment as Registrar of Macdonald

College. He will continue to be associated with Horticulture.

Dr. David's long experience in committee work and administrative matters associated with the Registrar's office makes his appointment a particularly fortunate one for the College.

D.H.A.S.

— now 1,400 herds

Another milestone has been reached in the development of the Dairy Herd Analysis Service at Macdonald College. The end of August saw the number of herds to adopt the service pass the 1,400 mark. Data on production, management and feeding is being provided monthly on almost 45,000 cows.

The rate of expansion can best be measured when these figures are compared to the less than 800 herds and 25,000 cows that were on the service

farm management instructors appointed at the Kemptville college of agricultural technology

Dr. Ford Stinson, Principal of the Kemptville College of Agricultural Technology, has announced the appointment of two farm management lecturers to the College staff.

These appointments are in line with the increased emphasis on farm management instruction and research.

James R. Cochran graduated from Macdonald College with the degree of B.Sc. (Agr.) Comm. and has completed his Master's in agricultural economics at the University of Saskatchewan, Saskatoon.

Mr. Cochran has had experience in co-ordinating the Canadian Farm Management Data System as Western Regional Manager. Previously he had done research with the Canada Department of Agriculture in beef enter-

prises, and farm credit.

Mr. Cochran, originally from Almonte, is well informed on agriculture in Eastern Ontario.

The appointment is effective August 1, 1969.

Andrew I. Stanton graduated from the University College of Wales, Aberystwyth, with a B.Sc. honours degree in agriculture. He has completed a Master's degree in farm management and organization at Reading University. His thesis was concerned with "Optimum Group Size is Large Dairy Herds".

Mr. Stanton comes from a farming background with a wide experience in crop and livestock enterprises. His appointment will be effective September 1, 1969.

in August of last year, and the 300 herds and 10,000 cows being serviced in August of 1967.

Over 1,200 herds are on D.H.A.S. in the Province of Quebec. Eighteen full time Supervisors are providing the field service for these herds and covering all the main dairy areas of the Province. This, as well as the monthly testing of milk for butterfat and protein for each cow in these herds, is part of the D.H.A.S. service as provided by the Macdonald College Programme.

All four Atlantic Provinces now have herds on the D.H.A.S. programme. As of August 22, 1969, 182 herds were enrolled, with 75 in Nova Scotia, 58 in Prince Edward Island, 45 in New Brunswick and 4 in Newfoundland. D.H.A.S. in these Provinces is available through the milk recording services operated by the Provincial Departments of Agriculture. The field service and the milk testing is provided by the Provinces, and the data processing by the D.H.A.S. Centre at Macdonald College.

The expansion of D.H.A.S. is expected to continue with many more herds enrolling this fall and early winter. Next August could see another milestone reached. The predictions are that 2,000 herds will be on the service by that time.

Dahms to ontario ARDA

Clarence (Cyril) E. Dahms, well-known through Eastern Canada as past-president of the Quebec Farmers' Association and member of many agricultural committees, has accepted a post as Research Development officer with the ARDA branch of the Ontario Department of Agriculture and Food. A graduate in agriculture from Macdonald College, Mr. Dahms has operated a dairy farm near Ormstown for many years.

provincial plowing match

Good plowing and good farming go together, and the county of Missisquoi in Quebec's Eastern Townships has a long history of good plowing. Their

Plowmen's Ass'n has been holding matches for more than 90 years, the longest continuous record in Canada. This year the Missisquoi Match is being held in conjunction with the Provincial Plowing Championships on the Levesque farm between Pike River and Bedford.

For the Missisquoi plowmen this will be their 92nd Match, and for the Provincial Ass'n it will be the 15th as they move around the province in their aim to encourage better plowing. On October 2nd, the local county plowing classes will be held, with the provincial championships coming on October 3. There will be a visitor's class on the first day, and a junior championship class on the 2nd day.

On the evening of October 3, the concluding banquet will be held in the Prouté Hall at nearby St. Ignace, when the Minister of Agriculture and Colonization, Hon. Clément Vincent, will attend.

national certificate

Dear Sir: Almost every year one of my students who satisfactorily completes a National Certificate in Agriculture, and occasionally a student who has taken our three year sandwich course in advanced farm management business subjects, is interested in widening his experiences in Canada. One of my personal problems is finding suitable contacts for these students.

My students are largely farmers' sons between 19 and 22 years of age. They are seeking an opportunity to widen their experience of mechanization and livestock management and are often prepared to spend anything from 3 to 12 months in your country working on farms to gain additional experience and at the same time earn money. Could you please let me know whether you might be prepared to help me directly by offering a working farm position to any of my boys or are you able to put me in touch with a farmer in your province who would be interested in employing such a student?

Yours sincerely,

Dennis Hurst,

Principal

*East Riding College of Agriculture,
Bishop Burton, Beverley, Yorkshire.*

agri-business seminar for this fall

The Center for Continuing Education in cooperation with the McGill University Management Development Institute will organize an Agri-Business Executives Seminar in the fall for graduates in Agriculture and Food Science. The purpose of the Agri-Business Seminar is to contribute to the continuing education of executives from the Agricultural and Food Sectors of the economy. This will be conducted on the Macdonald Campus and the program will offer an intensive three-day seminar in which experienced executives will be brought together with qualified academic personnel to explore management's task in the rapidly changing agricultural and food processing industries.

The prime purpose of this program is to help participants approach their responsibilities from a broader managerial point of view and with a better understanding of the social, economic and political changes which are affecting the agricultural and food sectors of our economy. Enquiries regarding this Agri-Business Seminar should be directed to the Center for Continuing Education at Macdonald College.

4-H clubs to visit the campus

About 600 boys and girls from throughout the province attended the opening of the 27th. annual 4-H club convention at the beginning of June, in Montreal.

Roland Deschamps, Quebec Deputy Minister of lands and forests, officially opened the three-day meeting by praising the young people for their continued work in forest conservation. Mr. Deschamps stressed public education in forest conservation because "Quebec prosperity marches with forestry development". Also on July 9 and 10 a group of 45 4-H girls from Perth County, Ontario visited the Food Science Department. Later on in July a group of Agricultural 4-H members visited the Animal Science and Agronomy as well as the Agricultural Engineering Departments. This group is from Grenville County in Ontario.

THE FAMILY FARM

PUBLISHED IN THE INTERESTS OF THE FARMERS OF THE PROVINCE BY
THE QUEBEC DEPARTMENT OF AGRICULTURE AND COLONIZATION

Compiled by
Tom Pickup
Information Service,
Quebec Department of
Agriculture and Colonization

Photographs by
Office du Film du Québec



Strawberries and tobacco on the farm of Georges Sansoucy in Rouville County in Agricultural Region 6.

agricultural region 6

Office addresses, telephone numbers and territories of the Department of Agriculture and Colonization's staff in the counties of Bagot, Chambly, Iberville, Missisquoi, Richelieu, Rouville, St-Hyacinthe, and Verchères

Regional office: Institute of Agricultural Technology, Box 70, St-Hyacinthe, Telephone 773-7401

Regional coordinator: Gaétan Lusier

Administration: J.B. Lavoie (temporary)

Technical personnel: Farm management, Alphonse Schiller; Farm credit, Christian Deslandes; Veterinary medicine, Joachim Hébert, D.V.M.; Agricultural economics, François Brosseau; Extension, Bernard Prieur; Field crops, Omer Dubois and P. Granger; Horticulture, Pierre Lorquet and P. Martin; Livestock, Alphonse Deschênes; Poultry, Ubald Pilon; Agricultural engineering, Denis Vinet; Domestic Science, Michelle Carré and Huguette Lavallée; Young farmers, G.E. Millette and Aurèle Laflamme; Crop insurance, Théobald Jourdain.

Other personnel: Food hygiene inspectors — Gilles Cardinal, Blaise

Garon, Gilles Robert. Dairy products inspectors — J. Labrie, G. Lupien, A. Pelland, 3 office heads, 5 stenographers

LOCAL OFFICES

BAGOT: Office: Box 12, Shopping Centre, Ste-Rosalie, Telephone 773-9418. Administration: Sylvain Larue.

Local representatives: J.R. Proulx, agronome; St-Théodore, Ste-Hélène, St-Nazaire. Raoul Benoit, agronome; St-Ephrem D'Upton, St-André d'Acton, St-Liboire, Ste-Christine. Alex. Gauthier, agronome; Ste-Rosalie, St-Simon, St-Hughes. P.E. Rivard, agronome; St-Pie, St-Dominique.

Other personnel: Adélar Plouffe and Jérôme Fafard, veterinarians, Emile Gévry, rural roads, 6 food hygiene inspectors (Acton Vale), 1 stenographer.

CHAMBLY-VERCHÈRES: Office: 300 Ste-Anne, Box 500, Varennes. Telephone 652-2944. Administration: Bernard Ranger.

Local representatives: Jean Hardy, agronome; Boucherville, Carignan, St-Basile-le-Grand. Gilles Landry, technician; St-Marc, St-Bruno, st-Hubert,

Beloeil. Albert Lapalme, agronome; Varennes, Calixa Lavallée, Verchères, St-Amable, Contrecoeur, Ste-Julie.

Other personnel: R.M. Levert, veterinarian, G. Courtemanche, R. Deschênes, R. Blouin, Food hygiene inspectors (Varennes), 1 stenographer.

IBERVILLE: Office: 367 Fifth Avenue, Iberville, Telephone 347-8341, Administration: Donal Lebrasseur.

Local representative; J. Guy Cyr, agronome; St-Athanase, Ste-Brigide, St-Grégore, St-Alexandre, Henryville, St-Sébastien, Ste-Anne-de-Sabrevois. 1 stenographer

MISSISQUOI: Office: 9 rue du Pont, Box 100, Bedford.

Local representatives; J. L. Tremblay, agronome; Bedford, Noyan, Frelighsburg, Philipsburg, Pike River, Stanbridge East, Stanbridge Station. Lionel Michon, agronome; Dunham, Farnham, Notre-Dame-de-Stanbridge, St-Ignace-de-Stanbridge, Ste-Sabine.

Other personnel: Jean Touzin, agronome (research), Farnham. Raymond Brault, veterinarian. Grégoire Pagé, veterinarian (Cowansville). 1 stenographer

RICHELIEU: Office: 20 Prince, Box 114, Sorel, Telephone 742-8831.

Local representatives; Gérard Millette, agronome; St-Antoine, Ste-Victoire, St-Ours, St-Roch, Ste-Anne, Tracy. Henri Veilleux, agronome; St-Robert, St-Aimé, Yamaska West, St-Louis, St-Pierre-de-Sorel.

Other personnel: H.P. Rheault, agronome (Cooperatives). Jean Desrochers, veterinarian. J.T. Belley, Food hygiene inspector. 1 office head, 1 stenographer.

ROUVILLE: Office: Shopping Centre, rue Ste-Marie, Box 249, Marieville, Telephone 589-4447. Administration: Louis A. Leclerc.

Local representatives: L.A. Mondou, agronome; L'Ange-Gardien, St-Césaire. Sylvère Hébert, agronome; St-Hilaire, Rougemont, St-Paul d'Abbotsford. Gérard Rodrigue, agronome, Maurice Auclair, technician; Richelieu, Ste-Angèle-de-Monnoir, St-Jean-Baptiste, Marieville, St-Mathias.

Other personnel: C. E. Benoit (horticulture), 1 stenographer.

ST-HYACINTHE: Office: Institute of Agricultural Technology, Box 70, St-Hyacinthe Telephone 773-7401.

Local representatives; Bernard Cos-

sette, agronome J. Pierre Desnoyers, technician; St-Thomas d'Aquin, La Présentation, St-Denis. St-Damase, Notre-Dame-de-St-Hyacinthe, Douville, Ste-Madeleine, St-Charles. St-Barnabé, St-Jude, St-Bernard, St-Hyacinthe-le-Confesseur.

Other personnel: Roger Arcand, agronome (Cooperatives). Yves St-Pierre, agronome (Farm credit). Raymond Ethier, veterinarian, H.P. Gagnon, veterinarian, Emile Poitras, veterinarian, Jacques Harbour, veterinarian, René Taillefer, veterinarian, 1 office head, 1 stenographer.

agricultural region 7

Office addresses, telephone numbers and territories of the Department of Agriculture and Colonization's staff in the counties of Beauharnois, Châteauguay, Huntingdon, Napierville, Laprairie, St-Jean, Vaudreuil, and Soulanges.

Regional office: Box 309, Ste-Martine, Châteauguay County, P.Q. Telephone 427-2015, 427-2016. Regional coordinator: Jean Desjardins. Administration: J. H. Bolduc.

Technical personnel: Farm management, Eugène Lafleur; Farm credit, Claude Melançon; Veterinary medicine, Jean Mauffette, D.V.M.; Agricultural economics, Florent Morency; Extension, Field crops, Hubert Melançon; Horticulture, Frédéric Trudel; Livestock, Maurice Beaulieu; Poultry Emile Simard; Agricultural engineering, Domestic science, Yvette Servant and Françoise Gaudet; Young farmers, Gaston Allard; Crop insurance, J. Guy Charbonneau; Variety trials, George M. Tait. **Other personnel:** 2 office heads and 2 stenographers.

LOCAL OFFICES

BEAUHARNOIS: Office: 63A Champlain, Box 191, Valleyfield, Telephone 373-3640.

Local representatives; Marcel Billette, agronome; Ste-Barbe, Grand Ile, Ste-Cécile, St-Louis-de-Gonzague, Stanislas-de-Koska, St-Timothée.

Other personnel: L. P. Brisson, veterinarian (350 Chemin Larocque, phone 373-5515 Valleyfield). 1 stenographer.

CHATEAUGUAY: Office: School of Agriculture, Box 280, Ste-Martine, Telephone 457-2000.

Local representatives; Michel Lali-

berté agronome, Gérard Ampleman, agronome; Ste-Martine, St-Urbain, Ste-Clotilde, Beauharnois, St-Etienne, Ste-Philomène, Châteauguay. Eloi Jalbert, agronome, Gérard Ampleman, Howick, Ormstown, St-Jean-Chrysostôme, St-Antoine-Abbé.

Other personnel: Léo Belisle, veterinarian (14 Church Street, Ormstown). 829-2852. 1 stenographer.

HUNTINGDON: Office: 5 Dalhousie, Box 610, Huntingdon. Telephone 264-4039.

Local representatives; Dorima Lalonde, agronome, André Wart, technician; Dundee, Elgin, Hunchinbrood, Godmanchester, St-Anicet.

Other personnel: D. Clairmont, veterinarian (part-time), 478 Champlain, Hemmingford. 1 Stenographer.

NAPIERVILLE: Office: 133 Notre-Dame, Box 367, St-Rémi. Telephone 454-3904.

Local representatives; Pierre Philion, agronome, Gérard Giroux, agronome; Hemmingford, Havelock, Franklin Centre, Sherrington, St-Edouard. Pierre Perras, agronome, Gérard Giroux, agronome; St-Rémi, St-Mathieu, St-Michel, St-Constant, St-Isidore.

Other personnel: André Cotnoir, inspector, Gérard Colpron, veterinarian, Wilfrid Hébert, agronome, (Crop insurance for the counties of Laprairie, Napierville, and St-Jean), 2 stenographers.

ST-JEAN: Office: 112 Richelieu, Box 218, St-Jean, Telephone 347-4180.

Local representatives; L. V. Marsot, agronome; St-Jean, Lacadie, St-Philippe, St-Luc, Laprairie, St-Blaise. St-Jacques le Mineur. Gérald Greene, agronome; Ile aux Noix, St-Valentin, Lacolle, St-Bernard, Napierville.

Other personnel: Mozart Clairmont, veterinarian, Jean Gosselin, veterinarian (part-time), 12 Richelieu, St-Jean, Telephone 347-4180. M. Raymond, Food hygiene inspector, Paul Asselin, agronome (Farm credit), 1 stenographer.

VAUDREUIL-SOULANGES: Office: 168 Harwood Boulevard, Box 34, Dorion, Telephone 234-3359.

Local representatives; Gérald Beaulieu, agronome; All of Vaudreuil County. Pierre Millette, agronome; All of Soulanges County. **Other personnel:** C. Tougas, veterinarian; J. B. Morneau, local representative; 1 stenographer.



Cattle grazing on the farm of Alfred Jay and Son at Campbell's Bay, Pontiac County, in Agricultural Region 8.

agricultural region 8

Office addresses, telephone numbers and territories of the Department of Agriculture and Colonization's staff in the counties of Argenteuil, Gatineau, Hull, Labelle, Papineau, and Pontiac.

Regional office: 107 St-Joseph, Buckingham, Papineau County, Telephone 986-3359. Regional coordinator: Robert Samson, Administration: Roland Fex.

Technical personnel: Farm management, L. P. Thibodeau; Farm credit, Veterinary medicine, Alfred Chartrand, D.V.M.; Agricultural economics, E. A. Tittley; Extension, Gérard Beauchamp (Mont Laurier); Field crops, Emilien Houle; Horticulture, François Bouchard; Livestock, Norbert Dubé; Poultry, Agricultural engineering, Domestic science, Alberta Wells; Young farmers, Crop insurance, Erard Séguin; Maple production and beekeeping, Jacques Lambert; Sheep, Gonzague De Muraige. **Other personnel:** 6 office heads and 2 stenographers.

LOCAL OFFICES

ARGENTEUIL: Office 430 Grace, Box 8, Lachute, Telephone 562-5303.

Local representative: J. G. Gélinas, agronome; Arundel, Harrington,

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Wentworth, Gore, Grenville, Chatham, St-André d'Argenteuil, St-Jérusalem d'Argenteuil. **Other personnel:** Rosaire Ethier and Jacques Thomas, inspectors, J. Paul Dorion, veterinarian, 1 stenographer.

SOUTH GATINEAU & HULL: Office: 162 Hôtel de Ville street, Hull, Telephone 771-6661.

Local representatives: L. Charles Savard, agronome; Cawood, Low, Denholm, Aldfield, Masham, Wakefield, Eardley, Hull. **Other personnel:** J. L. Latourelle, Inspector, Jos. Matte, veterinarian, A. Lapierre, technician (horticulture), R. Langevin, dairy products technician, 2 stenographers.

NORTH GATINEAU: Office: 258 Notre-Dame, Box 699, Maniwaki, Telephone 449-3000.

Local representatives: Bernard Boulais, agronome, Florian Auclair, inspector; Lytton, Sicotte, Aumond, Kensington, Maniwaki, Cameron, Egan, Bouchette, Church, Dorion, Wright, Northfield, Alleyn, Aylwin, Hincks, and part of Blake.

LABELLE NORTH: Office: 246 Paquette Boulevard, Box 758, Mont Laurier, Telephone 623-2270.

Local representatives: Henri I. Bédard, agronome, Michel Bordeleau, technician; Décarie, Grand Pérodeau, Moreau, Pope, Wurtele, Bouthillier,

Robertson, Wabasse, Campbell, Rochon, Boyer, part of Turgeon, Kiamika, Duddley, Rivard, part of Montigny. **Other personnel:** Chas. A. Mathieu, Edgar Forget, and Roger Gauthier, inspectors, 1 stenographer.

LABELLE SOUTH: Office: Route II, Labelle, Telephone 686-2277. Administration: Roméo Allard.

Local representatives: J. R. Scott, agronome Marc Cloutier, technician; Gagnon, Lydie, Lesage, La Minerve, Loranger, Marchand, Mousseau, part of Turgeon, Lynch, Lac Tremblant Nord, Labelle. **Other personnel:** F. Daudelin and Edouard Therrien, inspectors, J.M. Blais, veterinarian, 1 office head.

PAPINEAU: Office 112 MacLaren East, Buckingham, Telephone 986-3381.

Local representatives: Lucien Fournier, agronome, Henri Maillé, inspector; Lochaber S.O., Gore of Lochaber, Petite Nation, Ripon. Roméo Cinq-Mars, agronome, Jean Desgagné, inspector; Templeton, Buckingham, Lochaber N.O., Mulgrave, Derry, Forteau, Lathbury, Bigelow, Wells, McGill, Rocheblave. **Other personnel:** Roger Denault, veterinarian, 2 stenographers.

PONTIAC: Office: 269 Main Street, Box 28, Shawville, Telephone 647-2799.

Local representatives: Douglas MacMillan, agronome, J. Claude Hecquet, technician; Sheen, Chichester, Ile-aux-Alumettes, Waltham, Mansfield, Grand Calumet, Litchfield, Clapham, Thorne Clarendon, Bristol, Onslow. 1 stenographer.



This kitchen garden provides the family of Maurice Laliberté of Honfleur, Bellechasse County, with fresh or preserved vegetables all year round.

acreages of vegetables under contract to processors in 1968 and 1969

The Agriculture section of the Quebec Bureau of Statistics gives the following estimates of areas of beans, corn, peas and tomatoes contracted for and actually planted in 1968, and areas contracted for in 1969. These estimates are the result of a survey conducted with processors in Quebec. Questionnaires were sent out in May and, for the most part, completed and returned in June. The figures thus represent total acreages contracted or planned at the time of reporting. Subsequent changes in plans due to factors such as weather and planting conditions led to departures from contract indications.

Acreages of beans, corn, peas and tomatoes contracted for by processors in 1968 and 1969 and areags actually planted under contract in 1968.			
Crop	1968		1969
	Acreage Contracted (1)	Acreage Planted	Acreage Contracted (1)
Beans	11,810	12,260	13,040
Corn	11,810	12,580	12,820
Peas	20,960	19,290	20,520
Tomatoes	1,610	1,450	1,040

(1) Including acreages intended for processing by other means than canning or freezing.

Rimouski county veterinary student wins Toronto CNE scholarship

Léon-Paul St-Pierre of Ste-Odile in Rimouski county has been awarded a Toronto Canadian national exhibition scholarship.

These scholarships of \$600 are awarded each year to a young person in each province who has earned local distinction and wishes to study agriculture or veterinary medicine at university.

Mr St-Pierre, who is a farmer's son, was born in 1950 and will start studying in the University of Montreal's veterinary faculty at St-Hyacinthe in September. He has been a member of his parish young farmers' club for eight years and is now its president. It is his steady participation in this organization which has earned him the scholarship.

This is the first time since the scholarships were founded in 1956 that one has been awarded in Quebec to a veterinary student. The veterinary college at St-Hyacinthe was formerly a government institution under the Department of Agriculture and Colonization but was transferred to the University of Montreal in 1968 as a faculty.

The scholarships will be officially awarded at a special ceremony held in connection with the Toronto Exhibition.



A flock of Leicester sheep grazing in the calm of a misty morning in Arthabaska County.

grants for the purchase of purebred rams

In order to encourage breeders of purebred sheep to use better rams and to help farmers obtain good purebred rams for the purpose of improving and increasing their production of market lambs, the Department of Agriculture and Colonization offers the following subsidies for the purchase of rams classified by a specialist of the Artificial Insemination and Livestock Improvement Division.

Application for this subsidy must be submitted on the proper form which may be obtained from the nearest agricultural office.

The completed form, together with the animal's registration certificate, must be returned to the local agricultural office within three months after the date of purchase.

Ram lambs classified as XXX, which have not been sold by September 1st of the following year, must be reclassified.

A ram for whose purchase a grant has already been paid is not eligible for another such grant until two years have elapsed since the payment of the previous one.

These regulations replace the former ones and will remain in force until further notice.

SCALE OF GRANTS

	Class	Grant	From flocks graded A or B
Ram lambs	XX		\$10
Ram lambs	XXX	\$10	15
Rams one year old or older	XXX	12	20
Rams one year old or older	XXXXA	15	25
Rams which have received an index rating of at least 100 (or higher than the average for their breed) in an individual ROP test	XX		25
	XXX		35
Tested rams which have received an index rating of at least 100 as the result of a progeny test	XXX		45

Q. W. I. office news

J. & P. Coats Co. (Canada) Ltd. has informed the President that they will consent to sponsor a Handicraft Contest for 1970. They have planned all details of the contest themselves with the purpose of fostering selected embroidery techniques. They are offering the following prizes:

County Level — Prizes of \$7 — \$5 — \$3

Provincial Level — Prizes of \$25 — \$15 — \$10

Articles: Only one article per person but they may choose from: Teacloth (Minimum 34", Maximum 54") May be square, oblong or round. Set of four place mats. Cushion Cover (any shape). Wall Hanging.

Materials: Must be worked. Coats Six Strand Embroidery Cotton, using any number of strands or Pearl Cotton, size 5 or 8. Any fabric can be used suitable for the article worked.

Technique: Crewel, Counted Thread, Cross Stitch, Drawn Thread, Drawn Fabric, Swedish Darning (Huck Weaving). No other type of needlework is acceptable. **Stitchery** will be the main point of the judging.

All questions concerning this Competition must be addressed to Q.W.I. Office. Coats Company will **not** enter into any correspondence with competitors. All branches will receive a copy of the rules with final dates for judging at a later date.

DRAMA CONTEST

The following counties are reminded that they were chosen to enter the Drama Contest: Brome, Bonaventure, Gaspé, Stanstead, Vaudreuil and Richmond. All will be sent copies of the rules.

EXECUTIVE APPOINTMENTS

At the Executive Meeting held August 18th, the vacancy caused by the resignation of Mrs. Hugh Wallace, 1st Vice-President, was filled by the appointment of Mrs. V. R. Beattie to this office. In order to accept this appointment Mrs. Beattie tendered her resignation as Treasurer. This vacancy was filled by the appointment of Mrs. G. E. Cascadden to this office. Both of these changes were made by appointment to finish the term until next Annual Convention when both offices will be again declared open for election. Mrs. Beattie had served a term of two years as 1st Vice President

when she resigned owing to the serious illness of her husband. We are very nappy that Mr. Beattie is so much improved and that Mrs. Beattie is able to assume the office again for which she had trained so long. We welcome Mrs. G. E. Cascadden as Treasurer at this time, knowing that as a former Provincial Treasurer she is eminently capable of taking over her duties at short notice. We hope that you will all be happy that we have a full slate of Provincial Officers.

PUBLICITY

Your Provincial Convenor of Publicity reports having received only nine reports for last Month's Publicity and these were so late coming in that they could not be included in last month's W.I. news in the Journal. We are now going to press with no publicity report for *this* month. Are you one of the Convenors failing to report? Your branch should report immediately following your meeting and your County report should be in by the 15th of the month. Your Provincial Convenor of Publicity is Miss Hilda Graham, Wyman, Quebec and remember the mails are slow and dead line for the publishing of the Journal must be met.

an open letter to canadian parents

Why carry a UNICEF box?

By their nature children are inquisitive, they constantly ask questions. From the answers they get, from the examples they are shown will grow their attitudes in later life.

Actually our education programs are trying to teach our children to respect their neighbours, their friends.

We profess that all within our society must be given equal opportunity and we contemplate happily the tolerant and free world we live in. Can we in all good conscience though, draw a geographical line and say to our children — "It's just North American Children we are worried about. Let other countries look after their own?"

It has become acutely uncomfortable to live in a comparatively affluent nation, next door to starvation, degradation and want. Therefore, we want to give our children a sense of commitment to the world.

On Hallowe'en Night if your son carries a UNICEF box he will feel that he is part of a society that he cannot ignore. If he understands this as a child he will reach manhood, without effort, ready to make the world a better place to live.

Is not that a good reason to carry a UNICEF box on Hallowe'en Night?

Did you know that kids today spell Hallowe'en, U.N.I.C.E.F.? They're good spellers. . . and good world citizens. Help them care — with your pennies in their UNICEF boxes.

There's been some speculation about the size of the slot on the UNICEF Hallowe'en Boxes. The truth is that it's about the same size as the heart of the little witch or goblin who carries it. . . big.

On Hallowe'en, the witches and goblins at our front doors will be fighting real ghosts — you know the ones. . . hunger, disease, ignorance. The weapon? UNICEF Boxes, held at the ready. Be generous with your ammunition.

this month with the q.w.i.

BROME: Abercorn: Report of Provincial Convention was given. Poster contest held and prizes given. Assistance given to needy children by supplying hot lunches at school. Repaired stairs to the W.I. Hall. **Austin:** Roll call of Pay a Penny for the Year, Month and Day of your birth netted a nice sum for the treasury. Provincial Convention report heard. Honorable mention received on a cushion that had been entered in J. P. Coats Competition. Visited Bolton Bluffs to view the rose garden and rock gardens. Prizes chosen for Garden Party. **Sutton:** Picnic and tour of Knowlton Museum held. Provincial Convention reported. Demonstration planned for August.

CHATEAUGUAY-HUNTINGDON: **Aubrey-Riverfield** heard a full report of the 55th Provincial Convention. A donation sent to Howick Elementary School for library books. Petunias were planted at Riverfield war memorial. August picnic planned. **Dewittville:** Guest speaker was the Principal of Huntingdon Academy who spoke on the progress of the pupils and teachers under the new Regulation I. Members

oyed a bus trip to Man and His
orld. They were accompanied by
ir children and several guests. **Hem-**
ngford: Heard the report of the Pro-
vincial Convention. Two demon-
strations were given — one on cake
decorating, the second on paper flower
making. Thirteen Ditty Bags were
nt. **Howick:** A Patriotic Quiz was
oyed. Fourteen members took part
a contest of miniature flower table
decorations.

Huntingdon: A Tribute to Canada
is presented, following by singing O
Canada. Report from Provincial Con-
vention was heard. A quiz was greatly
enjoyed. **Ormsdown:** Demonstration on
Summer Desserts was given. Samples
of desserts served with tea later. Each
member brought and introduced a
dish.

ASPE: Douglstown: Roll call — ex-
change a recipe for squares or ex-
change a flower slip. Bingo was played
and cards sold. Members are doing
knitting and sewing for the Red Cross.
Indy Beach: Roll Call — name three
vegetables hard to grow. Held panel
discussion with topic being, Should
old clothing be given to needy at
home or sent to CARE, Ottawa. The
hostesses served a casserole supper to
raise their talent money. A successful
fashion show was sponsored. Tea
served at same. Proceeds used for
school prizes and scholarships. **Wake-**
m: Roll Call — favourite vegetable
recipe. Twenty-one Ditty Bags filled.
Bags were given to children for gar-
dens to be judged in the Fall. **York:**
otto — You Are Never Too Old To
earn. Two new members welcomed.
Convenors' reports read. Contests held
How many flowers can you name?
Name the provinces and their Pre-
sidents.

EGANTIC: Kinnear's Mills: Roll
call — Give a suggestion on packing
picnic lunch. Five guests were pre-
sent to hear the report of the June
convention. Plans were made to cater
for a party in August. **Inverness** did
not hold a meeting this month.

ISSISQUOI: Cowansville: The Roll
call was answered by naming an event
100 years ago. A talk was given on
budsmanship and its uses and du-
ties. The report of the Provincial Con-
vention was read and discussed. **Dun-**
sm: Obituary read and two minutes
of silence observed in memory of Mrs.
C. Selby, an old and well-loved

member. She had donated the land on
which the cairn commemorating the
first W.I. meeting in Quebec was
erected, and assisted at its unveiling in
1961. A donation was made to a me-
morial fund for Mrs. Selby. Articles
were read on, Exercises you can do
wherever you are, Cooking with wild
flowers, Recipes for using honey. A
discussion on Education To-day was
led by teachers present. Two new
members were welcomed and a gift
was presented to a member who is
moving away. **Fordyce** entertained a
neighbour Institute as guests. Held an
All-Canada Contest. Enjoyed a skit
put on by members. A member was
honoured on her 89th birthday with a
gift and a cake. **Stanbridge East:** Roll
Call was responded to by answering
the question: What have you done to
make Canada better? All regretted the
cancellation of the travelling library
and sent a letter of protest to the
M.L.A. of the County. A guest
coached the group in singing the bilin-
gual version of O Canada. Eleven
Ditty Bags were sent to Save The
Children Fund. A phone was installed
at the local Museum for the summer
months.

MONTCALM: Rawdon: Twelve hand
made Ditty Bags were filled at the
meeting, after which members enjoyed
a game of "Cootie". The annual tea
and sale of handwork and nearly new
articles held on August 7th was very
successful, with a record attendance of
local residents and summer guests.

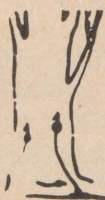
RICHMOND: Cleveland: Report of
Convention was read. Plans discussed
for celebrating the 50th Anniversary of
the branch. Prizes were awarded in
each Grade 6 at St. Francis Elemen-
tary School. Ditty Bags sent to Save
the Children Fund. **Melbourne Ridge:**
Mrs. John Stokoe from Nova Scotia
read a good-will letter from Bear
River W.I. and gave an interesting ad-
dress on the history of that branch.
Convenors' items included "Investiture
of Prince Charles" and "Cholesterol".
Report of Convention was given.
Grandmothers entertained non-grand-
mothers and presented each with a
lovely antique brooch. **Richmond Hill:**
A cheque was presented to a member
celebrating her 50th wedding anniver-
sary. Held a contest — complete the
saying and also "A Corsage from your
Garden". **Richmond Young Women:**
Eight Ditty Bags were packed and sent
to the Save The Children Fund. Plans
were made to cater to a wedding.

Shipton: Roll Call — exchange of
magazines. Report given on Federated
Charities. June Convention report
given. Demonstration held on Making
Paper Flowers. A 40th wedding anni-
versary gift was given. This was a pic-
nic meeting. **Spooner Pond:** Roll Call
— Who's who in Canada and why.
June Convention report heard. A
county Bursary was won by a
member's son. Mrs. A. Coddington,
the eldest member of this branch won
Provincial first prize in the J. P. Coats
competition for her beautiful work on
a tea cloth and matching apron. Mrs.
H. Perkins won first prize on a tea
cloth at Richmond Fair.

SHEFFORD: Granby Hill named a
Canadian City as their Roll Call. This
branch holds an Annual Picnic for
their families and friends. Heard an
article on Safe Driving. **Waterloo-**
Warden's Roll Call was repeat a sen-
tence in French. Articles heard on
"Lord Alexander of Tunis", "Are you
a has-been?" and "A girl from Bom-
bay, India is educated by local citizens
sponsorship in Bradford, Ontario." All
branches report having heard high-
lights of the Provincial Convention.

STANSTEAD: Ayer's Cliff: Enter-
tained the county president who gave a
report of the June Convention. After
the meeting, the group had dinner to-
gether at a restaurant with the county
president as guest. Roll Call was a fa-
vorite recipe for preserves and
pickles. **Stanstead North** enjoyed a
family picnic at the cottage of one of
the members.

SHERBROOKE: Belvedere: In the J.
P. Coats contest, Mrs. Chas. Drum-
mond won first place at county level
for her patchwork quilt. Miss Eva
Beaton placed 1st on the tea cloth and
apron, Mrs. Chas Pitman second on
cushion. Donation made to help child
with speech therapy. Bale sale auction.
Twenty-five year pins presented to
Miss Edna Smith, Mrs. Francis Paige,
Mrs. Wm. Bell and Mrs. Garth Mont-
gomery. **Brompton Road:** Contest for
Grandmothers — whistle after eating a
cracker. Entertained all members who
were grandmothers, as well as several
visiting Grandmothers. Held handicraft
sale at Sherbrooke Fair. Had a card
party and dance to raise money for
W.I. projects. Put on a Skit in county
contest. **Lennoxville:** Roll Call — Dif-
ferent uses for strawberries. Ten Ditty
Bags sent to Save the Children Fund.
Mrs. Mary Worster, a former



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member, remembered with a gift on her 96th birthday. **Milby:** Movies were shown of a trip from Quebec to British Columbia by a member. Sold food from the travelling basket. On Grandmother's Day, 7 grandmothers were given a Star of Bethlehem plant. **Ascot:** Meeting held at Grace Christian Home. Several members dressed in old fashioned costumes for the amusement of the resident guests. At the close of the meeting the members led the residents in a sing song of Hymns and Old Time songs. Following this a salad supper was served with the branch acting as hostesses.

PONTIAC: Bristol: One member showed pictures taken in Centennial Year. Ditty Bags were filled for Save the Children Fund. A bake sale was planned. **Quyon:** Name an attribute of a good W.I. member for each letter of Women's Institute was the roll call. Heard report of county meeting. Held practice for amateur rhythm band. The May Roll Call was name a flower with your initial. Agriculture Convenor read an article on Pollution. Held a chinese auction of plants. Made a donation to Quyon Fair.

Wyman: Convenor's items — Try a wild flower garden — Married women workers — The Parlour Organ — Progress in the world of women. Contest held "Who am I?" Roll Call was Grab Box exchange for 25cents. Discussed exhibits for fairs at Shawville and Quyon. Filled nine Ditty Bags. Did sewing for Pontiac Community Hospital. Assisted with School Fair at Quyon. Petunias and geraniums were planted at Centennial Park. Held practice for play for June Convention. Wyman branch was the winner in Pontiac County.

farm credit (Continued)

sion Branch of the Ontario Department of Agriculture and Food redirect its activities to place much greater emphasis on the farm management function particularly as it relates to credit and financial management. Already action has been taken by the Ontario Department of Agriculture and Food to strengthen its services in this field.

The Committee contends that chartered banks and similar institutions could be ideal sources of all credit requirements of farmers. However, it doubts that these lenders will be able to respond fast enough to replace the

activities of public lending agencies. For this reason it suggests that credit counsellors of the Ontario Department of Agriculture and Food work with the proposed Federal-Provincial Farm Credit Bank and the chartered banks to co-ordinate loan repayment schedules. By this means a 'one-stop' concept of financing farmers would virtually be achieved. Chartered banks would be encouraged to make short and intermediate term loans and could take advantage of a government guarantee if the borrower's total loan package were approved by credit counsellors.

The Quebec Royal Commission on Agriculture.

The Commission's report on farm credit differs substantially in several areas from the recommendations presented in the other government reports. Undoubtedly the most significant relates to the matter of subsidized credit. Borrowers under existing provincial farm credit legislation enjoy very low interest rates and interest rate rebates. Unlike Ontario's Special Committee and the Federal Task Force, Quebec's Royal Commission does not recommend that such subsidization of interest rates be discontinued. In fact, it suggests the extension of this policy to include farmers obtaining mortgage funds through the chartered banks or intermediate term credit under the Federal Farm Machinery Syndicates Loan Act. Hence farmers using these credit sources would receive treatment more in line with that extended to farmers obtaining funds from sources to which subsidization applies.

In accordance with the Task Force report, the Royal Commission recommends that maximum loan limits under the Quebec Farm Credit Act and the Quebec Farm Improvement Act be increased substantially. Significantly, however, it recommends that interest rates on amounts borrowed in excess of the present maximums reflect current market rates. To this extent at least there is a common approach among all reports with respect to interest rate subsidization. In the field of short term credit the Commission recommends that the Quebec Legislature pass the "Farm Production Credit Act" to assist farmers in obtaining this type of credit from financial institutions such as banks. A significant feature of this suggestion is that the program envisaged would involve a double guarantee — one by the gov-

ment and one by the farmer's supplier or dealer.

The Commission feels that such program would encourage close cooperation among the farmer, the lender and the supplier, each of whom has a responsibility with respect to the loan. The Royal Commission recognizes the important contribution that the Federal Farm Credit Corporation makes in financing Quebec agriculture and suggests that it continue these activities. It does recommend, however, that a federal-provincial committee be established to promote co-ordination among the various government farm credit and other service agencies. A further significant suggestion of the Commission is that the federal government leave the intermediate term farm credit field to the province. Because of the interest rate rebate under the Quebec Farm Improvement Act, which produces a lower net interest cost to the borrower, farmers rarely use the federal legislation designed for the same purpose.

Applications of reports.

For governments the clear challenge is to rationalize the present complex of federal and provincial farm credit services. While the Task Force recommendation for a national agricultural credit system based on federal-provincial participation appears to have considerable merit, will the provinces be content to operate within the national guidelines established for such a program? A nationally co-ordinated farm credit system would be of definite benefit to the chartered banks since the present variation in programs across the country complicates the farm lending activities of these institutions. Governments will also have to decide to what extent they wish to become involved in guaranteeing credit extended to farmers from private lending institutions.

While a federal government guaranteed loan program for intermediate term credit has been in effect for some time, all reports suggest the need of extending this to the short term credit field. The challenges to the banks include the further development of specialized agricultural departments, a "farm management" approach to lending, closer liaison with provincial agricultural services and the replacement of much of the high interest credit now extended by farm suppliers. Banks have an obligation to provide customers with the best possible ser-

vice. Accordingly, they are likely to respond to the challenges issued by the Task Force and the opportunities available in the farm market.

low cost diet

(Continued)

assortment of foods such as cake, cookies, honey, ice cream, lard, mayonnaise, pancake mix, soda crackers, sugar, syrup and vegetable fat. These foods are not required in the diet but are cheap sources of calories, and could be used once the nutrient requirements have been met.

In a family situation, the lactating mother is often providing food for her husband and children as well as herself. She can rest assured however, that if she feeds the same foods to her family as she eats herself and lets those who need more calories make up the difference with enriched bread and fortified margarine, that all the family will be well fed. What then is the cost of the essential parts of this low cost well balanced diet? The cost was calculated from retail prices charged January 9-16, 1969. To use such a diet, a family would have to spend \$3.35 per person per week for the essential foods and about \$2.83 for the extra calories required to meet the individual needs of the members of the family, a total of \$6.18 per week. However, an additional allowance of \$2.00 per month should be made for non-caloric foods such as tea, seasonings and cod liver oil, bringing the total cost to about \$30.00 per month for adults and proportionately less for children.

With such a diet, no substitution of the essential foods could be made. Undoubtedly the diet would become monotonous if continued indefinitely, but on the other hand, a mother with plenty of ingenuity could vary the extras and yet be assured that her family were being well fed. Here is a suggested menu pattern for the essential foods:

Breakfast

Fruit. Cereal with brown sugar, & milk. Toast with margarine. Milk to drink.

Lunch

Sandwich. Milk to drink.

Dinner

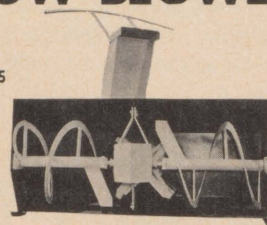
Meat or alternate. Potatoes. Two vegetables.

(Continued next page)



SNOW BLOWERS

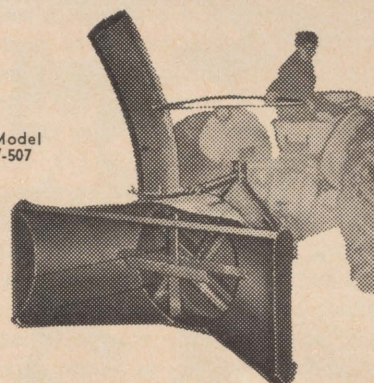
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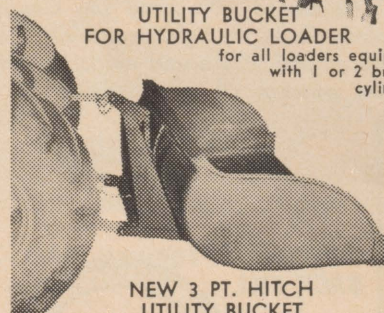
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low cost diet

(Continued)

Desserts and snacks

Raisins, flour, molasses, peanut butter, eggs, cheese, bread, margarine, cod liver oil to supply 400 I.U. Vit. D per day.

Some of the items would be the same every day. These are cereal with brown sugar and milk, toast with margarine for breakfast, potatoes for dinner at night and milk to drink with every meal. Other items however, could vary. The fruit for the seven days could be 4 servings of $\frac{1}{2}$ orange each, 2 servings of 4 prunes each and 1 serving of $\frac{1}{2}$ cup dates. The sandwiches for lunch could be egg, cheese or peanut butter alternately. The meat or alternate could be 2 servings (3 oz.) hamburger, 1 serving (3 $\frac{1}{3}$ oz.) breast of chicken with bone, 1 serving (1 oz.) pork liver with 1 cup cooked spaghetti, 2 servings (4 oz.) of fish sticks and 1 serving of pea soup. The potatoes could be cooked in different ways: boiled, baked, mashed, fried, scalloped, in salad or as potato cakes to add variety to the diet. The vegetables could be 3 servings (1 $\frac{1}{2}$ oz.) of carrots, 3 servings (2 $\frac{1}{2}$ oz.) of onions,

4 servings ($\frac{1}{4}$ c.) of canned peas and 4 servings ($\frac{1}{4}$ c.) of spinach. The raisins and flour could be made into pie or tea biscuits. The molasses could be used on bread or made into gingerbread. The peanut butter, eggs and cheese not used in the sandwiches could be used in cooking.

To spend money on a juicy steak now is to enjoy life in the present, but to spend money wisely on a varied diet of good food is to invest in the health of the family for a life time of enjoyment.

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food from the sea

In a recent joint announcement Cardinal Proteins Ltd., of Canso, Nova Scotia and Surveyer, Nenniger & Chenevert Inc., a Montreal-based consulting firm, reported that contracts had been signed for the world's first commercial plant to produce high purity protein from the sea. SNC has carried out extensive development work in this field. They also prepared economic feasibility studies for Cardinal Proteins Ltd. and acted as consultants for the project.

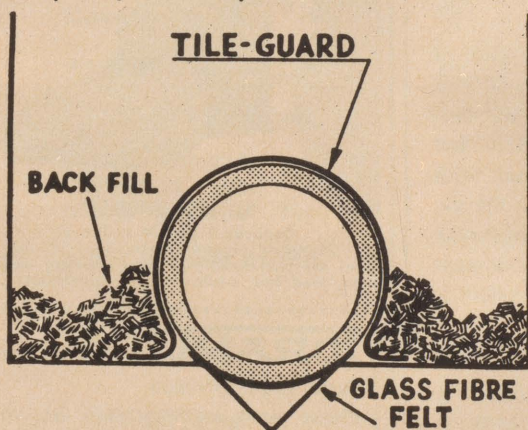
Commercial development of the process holds significant promise for mankind. Scientists and nutritionists regard this as a major breakthrough in solving the acute protein shortage for the world's underprivileged people. The Canso plant is expected to be the forerunner of similar operations in Canada and in other parts of the world. It will have an initial capacity of 30 tons of the pure protein supplement per day, requiring an input of 200 tons of fresh fish.

Animal protein, present in meat, fish, poultry and dairy products, contains a good balance of all of the essential amino acids necessary for physical and mental health. Unfortunately, protein from traditional sources is denied to millions because of high costs or unavailability. The new plant will extract the protein from fish to produce a bland powder containing up to 95% of high grade animal protein and costing only 35 cents per pound. The powder can be stored indefinitely and can be easily added to standard food and beverage products thus enormously increasing their nutritive value without affecting their taste — and at an extremely low cost.

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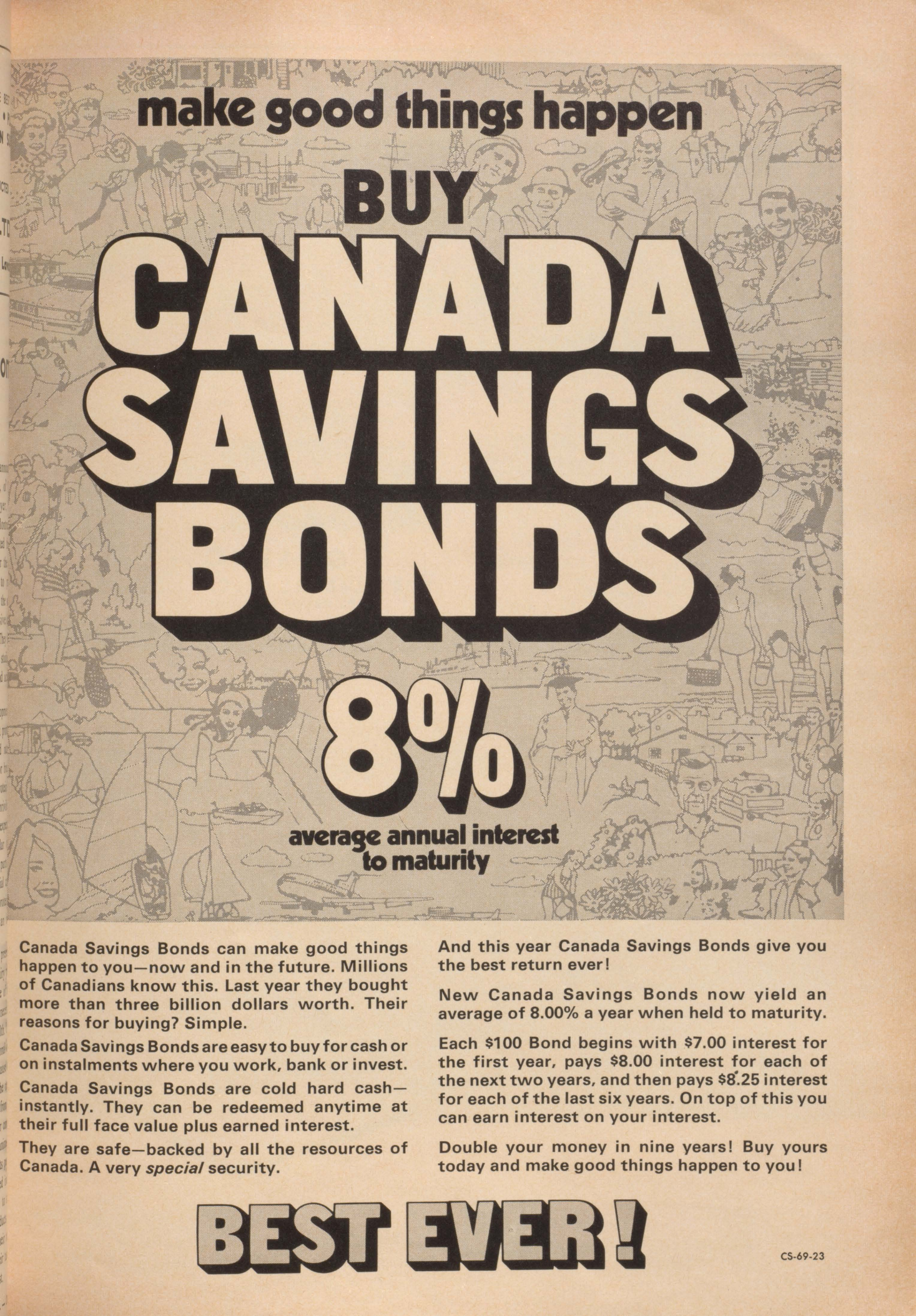
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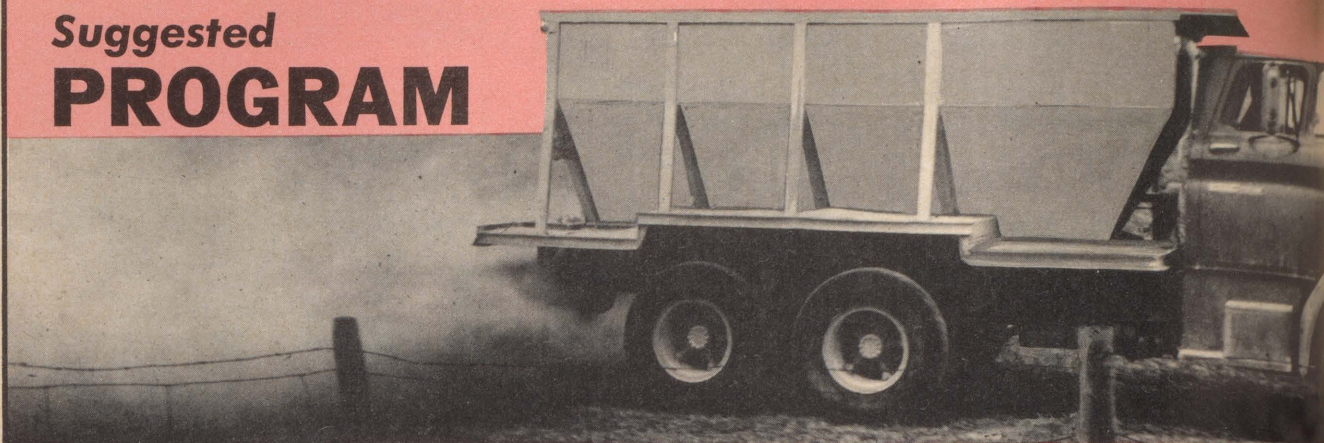
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FALL FERTILIZATION

Suggested PROGRAM



STEP NO. 1 SOIL ACIDITY	Test and correct if necessary with lime application.
STEP NO. 2 MANURE	Apply on old pastures and meadows or fall plow down.
STEP NO. 3 PHOSPHORUS & POTASH	Apply to sod crops and crop residue (being fall plowed) or apply as top dressing on legume meadows and pastures (ladino & alfalfa).

SOME ADVANTAGES OF FALL FERTILIZATION :

- Soil is the safest storage for fertilizers.
- Spring labour peak is reduced.
- Better distribution of P. & K. at root level.

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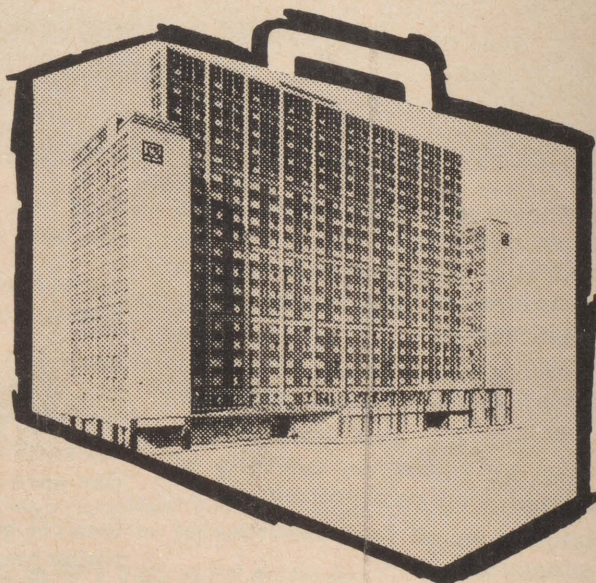
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